

1	Present
	<p>Carers 18</p> <p>Speakers Dr Virender Marwah and Dr Hema Ananth, Mental Health Service for Older People, Hertfordshire Partnership University NHS Foundation Trust</p> <p>Carers in Herts Sally Stratford – Forum leader Paula Campbell – CinH Carer Support Advisor Karen Denny – Project Officer</p>
2	Welcome
	All carers and speakers were welcomed to the forum, and informed that it was a very relaxed and informal session so that the carers could participate in the discussion.
3	Question and Answer Session
	<ul style="list-style-type: none"> • It is so difficult to get care, my mother is always saying no to all help and services even though she needs it. How can we then get the help we all need? A Mental Capacity Assessment can be completed to see if the person still has capacity or not, you can request this from your GP. If the person doesn't have capacity then care and decisions can be made/put into place. Mental Capacity Assessment is decision based – meaning that each decision would require an assessment. It is a good idea to get LPA – Lasting Power of Attorney put into place for Health and Wellbeing and finance so that you can make the decisions once the person no longer has capacity. If the person has already lost capacity then a court of protection can be set up. https://www.gov.uk/power-of-attorney https://www.gov.uk/courts-tribunals/court-of-protection • It is very difficult to get care put into place. We have not seen anyone for 5 years and we are really struggling to care. If family members are finding it difficult to carry on caring then a social worker and GP should support you to have care put into place. https://www.hertfordshire.gov.uk/services/adult-social-services/care-and-carers/arranging-and-paying-for-care/adult-care-how-to-get-care-and-support-from-us.aspx Carers in Hertfordshire can give you support and help to make the referral if needed – please call 01992 586969 • Maybe caring for someone with Dementia should be included as part of education at school – what to expect, how to cope • Can you access Roseanne House more than once or is it for Diagnosis only? No –one reaccesses the person with Dementia to see where they are on the Dementia Pathway. GP's can refer to the community team for support if the person with Dementia is having particular issues that require more specialist support. • How do you get a GP to prescribe medication for anxiety? When there is a sudden change in the persons Dementia then the GP should rule out certain medical conditions – such as infections, once they have done

this they can refer to the community team for further support.

- What advice would you give to a carer who's wife refuses that she has Dementia, that I'm her carer?

This can be very difficult, many people are in denial when they get their diagnosis. It is best not to argue with them, try and involve them in as many tasks as possible, get yourself as much support as possible. The Alzheimers society offer 1:1 support and are very experienced so can visit and say they are a friend visiting. They will be able to offer advice, information and guidance. The Alzheimers Society also have an online forum – Talking point – you can join this anonymously and chat about different things to do with Dementia and caring.

<https://www.ageuk.org.uk/hertfordshire/our-services/dementia-support/hertwise/>
<https://forum.alzheimers.org.uk/>

- Carers Assessment – I have had a really bad carers assessment. I was very upset and was having a nervous breakdown, I got offered no support. Sorry to hear that this has happened to you, carers assessments are supposed to support the carers. Sally has raised the quality of carers assessments to Hertfordshire County Council and they are going to review the quality of them and their outcomes.

- We had a safeguarding issue with my mother who is in a care home. She was attacked by another resident, we found that there was no support for the carers through the whole process. The language used is not appropriate or clear for carers.

Sally agreed to raise this issue with the safeguarding team.

- How will GDPR (General Data Protection Regulation) affect correspondence with care homes, will it be difficult now?

No they will just set up new ways of communicating, perhaps using password protected documents. You should be able to carry on corresponding with them, you need to have a conversation with them about this.

- Aggressive behaviour – my husband became very aggressive over some money that he thought he had lost and decided that I had stolen it. He was violent towards me – how do you manage/cope with this? I am worried that it might happen again.

Make sure that you are safe, if you aren't sure that you are then you need to call 999 and get some emergency help, remove yourself from the situation if possible. Careline can provide a panic button.

https://www.careline.co.uk/?msclkid=e9ef160ceeed11fb5b7b4d1a9ef70cc4&utm_source=bing&utm_medium=cpc&utm_campaign=Careline&utm_term=%2Bcareline%20button&utm_content=Careline

For longer term support around this behaviour then see your GP and ask for a referral to the community team who can look at what is happening and different medication.

- What's the difference between Alzhiemers and Vascular Dementia?
Alzheimer's Disease and Vascular Dementia are both types of Dementia. They have several symptoms and characteristics that overlap, but there are also some clear differences between the two.

Vascular Dementia is often caused by an acute, specific event such as a stroke where the blood flow to the brain has been interrupted. It can also develop more gradually over time from very small blockages or the slowing of blood flow. You can have a more step like process to this type of dementia with a sudden decline. We are still not sure what causes Alzheimer's. There appear to be many components that may contribute to developing Alzheimer's disease such as genetics, lifestyle and other environmental factors. There is not normally a sudden decline with Alzheimer's, there is usually a slow decline over time.

Frontal Temporal Dementia – this affects the frontal lobe of the brain – personality, communication and executive functioning.

- Are these Dementia's Hereditary?
The younger the diagnosis the greater chance of the child developing it too. Where do I go to get tested? Your GP can refer you for genetic testing, you should be offered this as part of the EMDASS (Early Memory Diagnosis and Support Service)
- Is there a link between Dementia and Diabetes?
They are linked indirectly, no single factor links the two but it can be a contributing factor.
- Does high blood pressure cause Dementia?
No but it is very important to keep this low.
- Does dehydration affect Dementia?
Yes if someone is dehydrated it can lead to a UTI (Urinary Tract Infection) which can cause the Dementia to deteriorate, the person may never go back to the level they were at before.
- Why does a UTI affect Dementia?
A UTI causes problems with the salt in our body, which causes a problem with the blood flow to the brain making the Dementia worse.
- My husband sees things moving all the time, crawling insects. What can I do about this?
If this is causing your husband distress then please ask your GP to refer him to the community team for support.
- How would you know if someone is over sedated?
If someone was being over sedated then they wouldn't be able to wake up for any periods of time. You can ask to see the drug chart in the home to look at the medication that is being administered and question anything that you are unsure about.

Dementia Carers' Forum

14th May 2018, Hertford Theatre, Hertford



Carers and the speakers were thanked for attending.

If there are any issues that carers would like to look at in future forums then please let Sally Stratford know on 01992 586969 or sally.stratford@carersinherts.org.uk

Next forums

The next **Dementia Carers' Forum** is on **Tuesday 10th July 2018** at The Stanborough Centre, 609 St Albans Road, Watford, WD25 9JL.

This Forum runs from **1pm until 3pm**, with a **lunch at 12:30pm**

Please call **01992 586969** to book a place.

If you are caring for someone diagnosed with Young Onset Dementia (diagnosed before the age of 65) or you know somebody who is, Carers in Hertfordshire is running a **Young Onset Dementia Carers' Forum** on **Wednesday 17th October**, between **10am and 12:15pm** at **Birchwood Leisure Centre (Sportsman Room), Longmead, Hatfield, AL10 0AN**. A light lunch is provided following the Forum.

Please call **01992 586969** to book a place.